

DINNERLY



Balanced Spanish Chicken Stew with Green Olives and Grains



30 minutes



2 Servings

Hold on to your castanets folks, this stew packs in the flavour! Think chunks of fall-apart chicken and zucchini cooked in smoky Spanish spices, teamed with good-for-you grains mixed with olives ... your tastebuds will do a happy flamenco!

- 125g rice, quinoa and barley blend ¹
- 1 zucchini
- 50g pitted green olives
- free-range chicken tenderloins
- 10g Spanish spice blend ¹⁷
- 400g diced tomatoes

WHAT YOU NEED

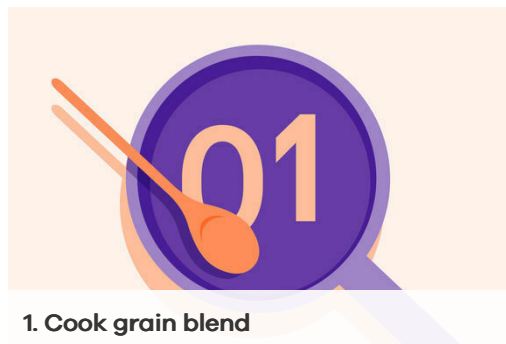
- 2 garlic cloves
- 1½ tbs olive oil
- 2 tsp red wine vinegar ¹⁷
- 2 tsp honey

- medium saucepan
- sieve
- medium frypan

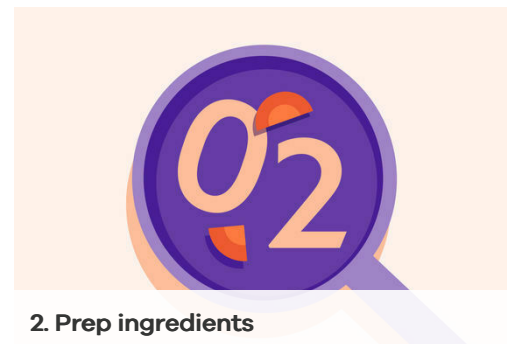
ALLERGENS

NUTRITION PER SERVING

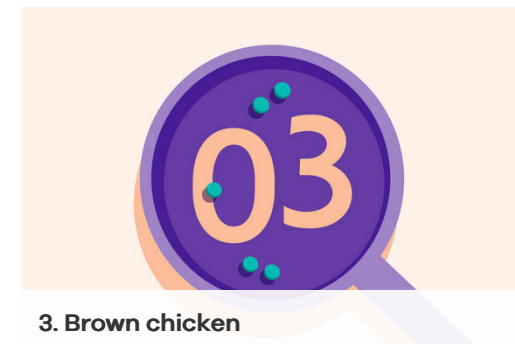
Energy 635kcal, Fat 21.4g, Carbs 59.4g,
Proteins 43.2g



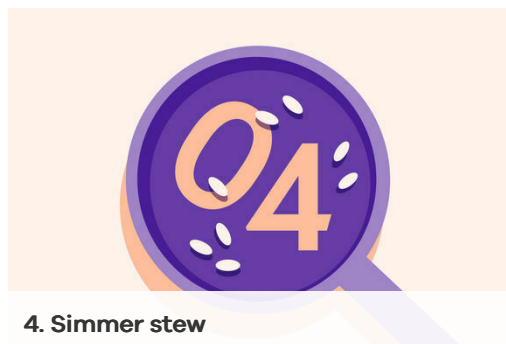
Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **grain blend** and cook for 20-22 mins until tender. Drain into a sieve, then wipe the pan clean and reserve.



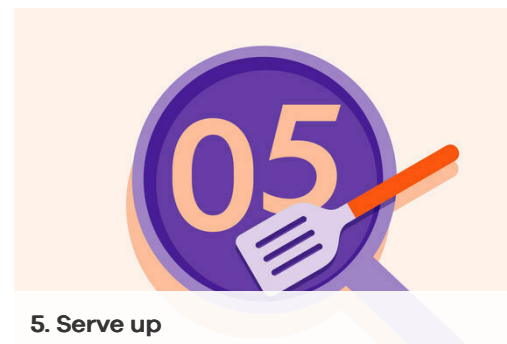
Meanwhile, crush or finely chop **2 garlic cloves**. Halve the **zucchini** lengthwise, then cut into 1cm-thick slices. Coarsely chop the **olives**. Cut the **chicken** into thirds on an angle. Put the chicken, **half the garlic**, **1 tbs Spanish spice blend** (see Make it yours) and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine.



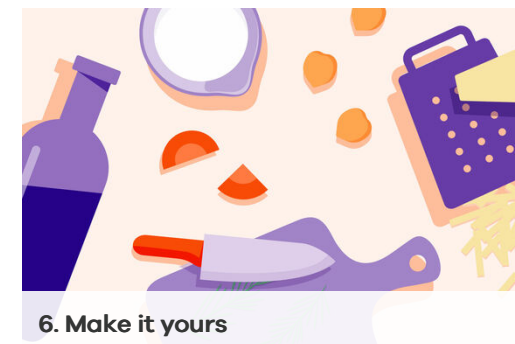
Heat a medium frypan over medium-high heat. Cook the **chicken**, turning occasionally, for 3 mins or until browned. Remove from the pan. Heat **2 tsp olive oil** in the pan. Cook the **zucchini**, stirring, for 3 mins or until browned. Add the **remaining garlic** and **1 tsp Spanish spice blend** and cook, stirring, for 30 secs or until fragrant.



Add **half the tomatoes***, **2 tsp red wine vinegar**, **2 tsp honey** and **180ml (¾ cup) water** to the pan and bring to the boil. Reduce the heat to medium-low and cook for 10 mins or until slightly reduced. Add the **chicken** and cook for 5-8 mins until the chicken is cooked through and the stew is slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



Meanwhile, heat **2 tsp olive oil** in the reserved pan over medium-high heat. Cook the **olives**, stirring, for 1 min, then add the **grain blend** and cook, stirring, for 1-2 mins until combined and warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **grain blend** among bowls, spoon over the **chicken stew** and enjoy!



Our Spanish spice blend has a chilli kick. If you prefer a milder dish, add less spice to the chicken marinade, and to the zucchini in Step 3.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au **#dinnerly**

 **Packed in Australia**
from at least 90%
Australian ingredients